



Child Obesity Management, Education & Research Program

Koala Home	Koala Clinic	For Parents & Families	For Health Professionals	Research	Koala Active Kids Club	Email Koala
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**O is for overweight but overcoming and being OK.**

There will be good days, there will be bad days, that is life!

Accept every day as a new challenge and take everything one day at a time and things will seem clearer and less problematic.

Sometimes you need help - it is OK to need help - all of us, adults and kids and adolescents alike, no matter who we are, need help sometimes with everything we do in life.

Some spiritual and mindful sites that you may find useful.

[Healthy Minds Concept](#) - Dr. Kam Wong, a Child Psychiatrist with practical help.

[Yoga](#) - a mind and body activity to help find inner peace in this world of outer chaos.

[CalmKids Yoga](#) in Brisbane

[Triple P \(Positive Parenting Program\)](#) - effective evidence-based strategies for helping parents and families find a better balance in their lives.